ROBERT DEKKER, M.D.
ORTHOPEDIC SURGEON

Ascension

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Post Surgery Instructions
Os Trigonum Excision

General Facts

- The goal of this surgery is to eliminate pain and return you to athletics in the shortest amount of time.
- You will be non-weightbearing for approximately 14 days. After your first postoperative visit, you may begin to bear weight as tolerated in the boot.

Post Surgery Course

Day 1

- The ankle will be wrapped in a plaster splint with lots of padding. If for any reason your splint is uncomfortable or too tight, remove the ace wrap, loosen padding, and re-apply to your comfort level.
- It is important to ice and elevate the foot, take pain medication, and rest as needed.
- Expect numbness in the ankle for 4-12 hours and then anticipate the onset of pain.
- No weight bearing until your first post-operative visit at the office.
- Do not get the ankle or splint wet.

Day 4

- Pain should improve after the 3rd day. If your pain has worsened after day 3 or you have a fever and/or chills, please call the office.
- Wiggle toes and move foot around in splint as tolerated.
- Perform isometric calf contractions.
- Work the knee, hip, and upper extremities.

Day 14 (approximately)

- First post-operative visit in the office.
- Your splint will be taken off and your sutures will be removed.
- You will be placed in a walking boot. You may bear weight as tolerated in the boot.
- Remove the boot three times a day to work on gentle ankle flexion and extension exercises.
- Begin shallow knee bends out of the boot brace 5 times a day for 20 minutes each.
- If the incision is healing well, you may begin to get the ankle wet in the shower 2-3 days after your post-operative visit.

3 weeks

- If the incision in healed, you may submerge the ankle under water.
- Remove the boot three times a day to work on gentle ankle flexion and extension exercises.

6 weeks

- Wean out of the boot and into a supportive tennis shoe.
- Most athletes resume running 4 to 6 weeks after the surgery.